

How Can I Develop Self-Discipline In My Life?

by John MacArthur, Jr.

“The heights by great men gained and kept were not attained by sudden flight, but they while their companions slept, were toiling upward in the night.”

How:

- 1. Start Small.** Start with your room. Clean it, then keep it clean. When something is out of place, train yourself to put it where it belongs. Then extend that discipline of neatness to the rest of your home.
- 2. Be on time.** That may not sound very spiritual, but it's important. If you're suppose to be somewhere at a specific time, be there on time! Develop the ability to discipline your desire, activities, and demands so that you can arrive on time.
- 3. Do the hardest job first.** Doing that will prevent the hardest jobs being left undone.
- 4. Organize you life.** Plan the use of your time; don't just react to circumstances. Use a calendar and make a daily list of things you need to accomplish. If you don't control your time, everything else will!
- 5. Accept correction.** Correction helps make you more disciplined because it shows you what you need to avoid. Don't avoid criticism; accepts it gladly.
- 6. Practice self-denial.** Learn to say no to your feelings. Occasionally deny yourself things that are alright just for the purpose of mastering yourself. Learn to do what you know to be right, even if you don't feel like doing it. Cultivating discipline in the physical realm will help us become disciplined in our spiritual lives.
- 7. Welcome responsibility.** When you have an opportunity to do something that need to be done, volunteer for it if you have a talent in that area. Welcoming responsibility forces you to organize yourself.